Sports Pg 11

Sundin not in hurry to play

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Celeb Pg 26

Mischa reveals stint in rehab

On a journey to never, Neverland

RUMOURS Please say it ain't so, Pammy. Please.

Pamela Anderson is reportedly dating Michael Jackson.

The 41-year-old B.C. native has been seen twice with Jacko, 50, leading to rumours that the two are dating.

They met at the Shutters Hotel on Malibu beach after arriving separately, according to femalefirst.co.uk. They sat in a corner of the bar for privacy and "appeared to be enjoying each other's company."

The encounter went so well that the two met again for a coffee at the Country Mart also in Malibu.

Jackson has been married twice, Anderson three times.

METRO NEWS SERVICES

School pg 19

Eco-friendly supplies

Food page 14

Sweet ideas for lunchtime

Please recycle

Hockey mom **Scores on speech**

DAMIR SAGOLJ/REUTERS

U.S. Republican vice-presidential candidate Alaska Gov. Sarah Palin speaks to the 2008 Republican National Convention yesterday in St. Paul, Minn. In her speech, Palin came out swinging at Democratic presidential nominee Barack Obama. **Coverage, page 8.**

Boy hurt by hawk

KRISTEN THOMPSON
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A four-year-old boy was injured while participating at a raptor show at the Greater Vancouver Zoo when a hawk landed on his head, sinking its talons into the child's scalp.

Kimberlee Malins, from Coquitlam, was at the show on Sunday and said that the four-year-old was holding a rope attached to a stuffed rabbit.

"The handler asked the boy to pull the string … and the bird decided to get off the fake rabbit and on the kid's head," she said yesterday.

Malins said there was a moment of chaos while the handlers tried to get the flapping bird off the boy's head.

"Like any child he was screaming and crying," she said, adding that he was ushered away, bleeding from his left eye.

"At that point I'm just horrified and I'm looking for my kid," said Malins.

"I don't let my child participate in stuff like this … There's unpredictability. You're dealing with a wild animal."

Jody Henderson, spokesperson for the zoo, said the bird, a Harris Hawk, has been in the show for six years and has never behaved like this.

"Obviously, with no protection … the talons went right on top of the little boy's head," Henderson said.

She added that he was given first aid before an ambulance was called, and is doing fine.

The bird has been taken out of presentations and staff is considering whether to make changes to future shows.

"There's unpredictability. You're dealing with a wild animal."
Kimberlee Malins

Greater Vancouver Zoo

- The incident is the latest in a series of mishaps and tragedies at the zoo.
- In June, a Golden Eagle was eaten by a lion when a group of crows chased it into the giant cat's enclosure.
- In May, Mia, a spider monkey, was stolen from her cage and her mate, Jocko, was killed trying to protect her.

A Harris Hawk

ShareYourViews
vancouverletters@metronews.ca

Soldiers slain in ambush

Three Canadian soldiers were killed in southern Afghanistan yesterday when their armoured vehicle was attacked by militants, in what Canada's top general acknowledged as a worrisome jump in direct violence.

Five other soldiers were injured in the same incident, two of them seriously. The military gave few details but said the men had not been killed by a roadside bomb.

So far 96 Canadian soldiers have died since Ottawa deployed troops to Afghanistan in late 2002. Canada has around 2,500 soldiers based in the southern city of Kandahar on a mission that is due to end in 2011.

"The soldiers were conducting a security patrol when the attack occurred," said Brigadier-General Denis Thompson, who commands the Canadian force in Afghanistan.

"They returned fire, both with small arms and they attempted to return fire using other assets as well," he told a televised news conference in Kandahar. REUTERS

Cpl. Andrew Grenon, 23

Pte. Chad Horn, 21

Cpl. Mike Seggie, 21

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B.C. has lowest smoking rate in Canada: Report
The national Tobacco Use Monitoring Survey reports B.C. has the lowest smoking rate in Canada. The 2007 numbers list use at 14.4 per cent in B.C. compared to the 19 per cent national average. METRO VANCOUVER

Local

Bust nets 1,800 pounds of pot

A massive 1,800 pounds of marijuana has been seized and three men arrested after a drug bust in Langley. Police arrived after prospective buyers came upon what they thought was a grow-op.

METRO VANCOUVER

Emerson still rankles foes

JEFF HODSON
jeff.hodson@metronews.ca

Members of a campaign to remove Liberal-turned-Tory David Emerson said yesterday they're disappointed the Vancouver-Kingsway MP has decided not to run again in an upcoming election.

Emerson, who defected to the Conservative party less than 24 hours after he was elected as a Liberal, will not seek re-election, it was reported yesterday.

"We wanted him to run again," said Mike Watkins, a director with the Campaign to De-Elect David Emerson.

"Without the ability to express ourselves through the ballot … it feels like there's a bit of a hole."

Watkins said Emerson's defection (along with the 2006 senate and cabinet appointment of Michael Fortier) represents a "dangerous precedent taking us towards a more U.S.-style of appointed cabinet."

Don Davies, the NDP candidate of Vancouver-Kingsway, said the decision to not run breaks Emerson's pledge that voters would be able to pass judgment on the defection.

Watkins said the De-Elect campaign will likely dissolve after a coming election — unless Emerson gets appointed to the senate and made a cabinet minister.

"If that happens, this thing won't be over," he said. "We'll be back."

Riding history

- Prior to Emerson's defection in 2006, the riding of Vancouver-Kingsway was a Liberal seat held by Sophia Leung from 1997 to 2004 and Emerson from 2004 to 2006.

ShareYourViews
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RAFE ARNOTT/METRO VANCOUVER

Zahra Asli protests a Canadian deportation order against Hamid Shemshed outside Citizen and Immigration offices on Georgia Street yesterday.

Protesters rally against Iranian activist's ouster

DEPORTATION Friends and supporters of an Iranian human rights activist seeking asylum in Canada rallied outside Vancouver's immigration office yesterday protesting his upcoming deportation home, where they claim he faces execution.

Hamid Shemshad, who has been living in Vancouver for eight years — the last three without a visa — was arrested on Oct. 30 and is scheduled to be deported on Sunday.

Tammy Sadeghi, with the International Federation Of Iranian Refugees, said Shemshad fled to Vancouver in 2001, after being jailed for speaking out against what he believed to be Iran's tyrannical government.

In Vancouver he has continued to lobby for Iranian students' and women's rights while running a painting business.

Sadeghi said Semshad is standing up for the very human rights Canada prides itself on upholding, and can't understand why it would send him back knowing he'd be punished.

"We want the government to be more compassionate … We should have (more) citizens like him in Canada."

KRISTEN THOMPSON/METRO VANCOUVER

News in brief

LIMOUSINE RENTALS Roving limousine parties have spawned a new trend in teenaged drinking, the chair of a Lower Mainland school district said, CBC News Online reports. Cheryl Ashlie, the chair of the Maple Ridge-Pitt Meadows School District, said that she's worried that limousine rental companies are turning a blind eye to underage drinking.

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Fringe kicks off in Vancouver
The Vancouver Fringe Festival runs today until Sept. 14 with shows and plays hitting a number of stages on Granville Island. For more information on the festival visit vancouverfringe.com. METRO VANCOUVER

News in brief

PILOT PROJECT With 60,000 fewer students enrolled this year, the province has unveiled a $30-million Neighbourhoods of Learning pilot project to integrate some community services in schools a single neighbourhood hub. Three school districts, including Vancouver, will participate in the program.

ROBBERY The RCMP is investigating the theft of more than $3,000 worth of scuba gear from a vehicle parked on a White Rock street. The vehicle was broken into overnight on Aug. 22. Among the gear are a dry suit, diving computer and buoyancy control device.

MEETING B.C. is pursuing more collaboration with other Canadian law enforcement agencies at a federal, provincial and municipal justice meeting that began in Quebec today. Focus is on curbing gang violence and organized crime and eliminating illegal firearms.

POLITICS Squamish Mayor Ian Sutherland is running for the federal Liberals in the upcoming election, news1130.com reports. Sutherland said he had been thinking about it for a long time, but wasn't expecting the election to be so soon.

METRO NEWS SERVICES

'Somebody tell me what happened to him'

JEFF HODSON
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Once a month Balbir and Kaur Atwal visit the spot on the bank of the Fraser River where the murdered body of their 22-year-old son Bobby was discovered in January 2006.

His murder has not been solved, despite a $25,000 reward for information. Yesterday, in the shadow of the Queensborough Bridge, the Richmond couple made an emotional plea for witnesses.

"Everyday it's very hard," said a tearful Balbir Atwal, clutching a large framed photograph of her dead son. "Somebody tell me what happened to him, what happened to Bobby."

Nearby, a new bouquet of red and yellow carnations was set into the riprap along the river, marking the spot where Bobby's body was found dead from stab wounds on Jan. 6, 2006.

Balwant Sanghera, a family friend, said they hope the appeal will pick at somebody's conscience and prompt them to come forward to stop the family's suffering.

Balbir said her son had few friends and rarely went out, preferring to stay at home and play video games. He had a condition that left him near-sighted.

She said the family is still devastated and neither her nor her husband had been able to work since the death.

"I still have hope that we'll find the answers one day," she said.

JEFF HODSON/METRO VANCOUVER

Kaur and Balbir Atwal yesterday near the spot under the Queensborough Bridge where their son Bobby was found murdered in January 2006.

Local housing market plummets

Vancouver's housing market is slowing with sales down by 54 per cent from the same month a year ago.

According to the Greater Vancouver Real Estate board 1,568 units were sold in the region this August compared to 3,348 units the previous year.

Sabine Boersch was going to sell her condo in Burnaby, but decided to rent it out after seeing the signs.

"We have four units in our complex and five across the street that have been for sale since spring," she said.

Boersch said the fact that neighbours rented their apartment after just two showings made her confident it wouldn't be an issue.

RAFE ARNOTT/
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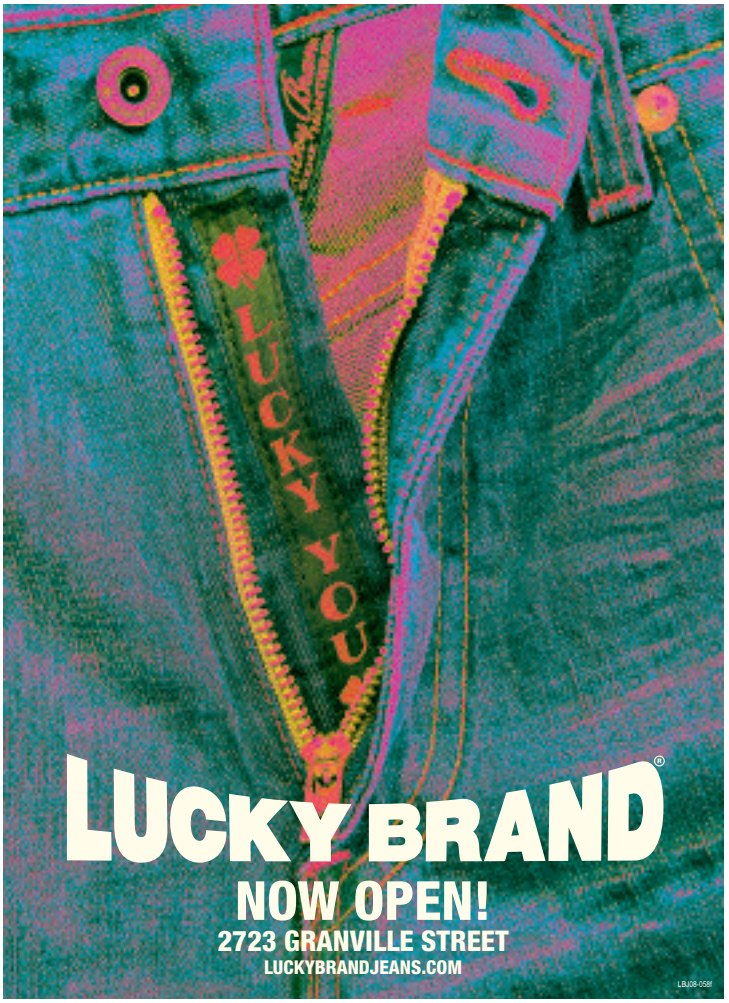

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Bisphenol linked to mental diseases

A study out the University of Guelph has found low levels of exposure to bisphenol (BPA) hinders the formation of synapses in the brain. Researchers claim their work supports the possibility that BPA may be linked to Alzheimer's, depression and schizophrenia. METRO NEWS SERVICES

Canada

Beer battle

A long-brewing bottle battle in Ontario has been settled between Brick Brewing Co. and the main beer supplier Brewer's Retail, allowing Brick to keep selling its Red Cap brand in "stubby" short-neck bottles. Details of the deal were not released. But Brewer's had threatened to cut off Brick's supply of standard bottles saying that the brewer violated an agreement by using non-standard stubbies. REUTERS

Harper calls for listeriosis probe

The federal government will launch an independent probe into the outbreak of listeriosis food poisoning linked to tainted meat, Prime Minister Stephen Harper said yesterday.

Harper told an audience in Windsor, Ontario, that he was "troubled" by the outbreak, both as the leader of the country that had made substantial investments in food inspection and as a father whose family ate processed meat at home.

He said he recognized the company had accepted responsibility for the outbreak, but an independent investigation was still needed to determine what went wrong.

"We will be taking serious follow-up action on this," said Harper, who brought up the listeriosis issue at the end of a news conference, during which he had not been asked about it.

"We will be taking serious follow-up action on this."
PM Stephen Harper

Critics of Canada's food inspection system, including the inspectors' union, complain it is too understaffed and overly reliant on industry data.

"We need a government that believes in government, especially its core responsibilities like ensuring something as fundamental as food safety," Liberal Party leader Stephane Dion told a party caucus in Winnipeg, Manitoba, yesterday.

Last week the prime minister defended the government's moves to have the industry play a larger role in inspecting food, calling the safety of the country's food supply a shared responsibility. REUTERS

$5K awarded in court case over e-mail

COURT A recent out-of-court settlement provides a cautionary tale for anyone who has ever sent an email saying malicious things about someone, especially if untrue.

The case, which was resolved before it went to trial in May, also underscores that under law, a statement sent electronically can be defamatory — not to mention costly and embarrassing — even when it is transmitted to just one inbox.

In this instance, the recipient forwarded the defamatory email to two others, including the man at whom the "malicious gossip" was directed. Rick Sullivan, who sent the email agreed to pay Ronald Harrington $5,000 plus costs. TORSTAR NEWS SERVICE

asking

- The Harrington's original statement sought $50,000 in damages because he said his reputation had been damaged.

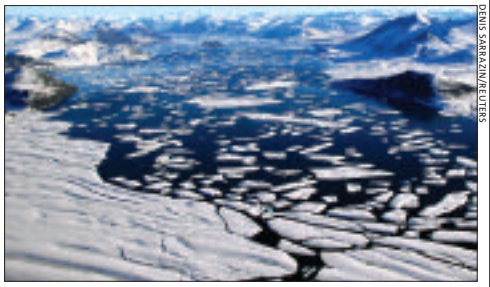
Warnings follow ice shelf collapse

RESEARCHERS The incredibly rapid rate at which Canada's Arctic ice shelves are disappearing is an early indicator of the "very substantial changes" that global warming will impose on all mankind, a top scientist said yesterday.

Researchers announced late Tuesday that the five ice shelves along Ellesmere Island in the Far North, which are more than 4,000 years old, had shrunk by 23 percent this summer alone. The largest shelf is disintegrating and one of the smaller shelves, covering 55 square km, broke away entirely last month.

"Climate models indicate that the greatest changes, the most severe changes, will happen earliest in the highest northern latitudes," said Warwick Vincent, director of the Centre for Northern Studies at Laval University in Quebec.

"This will be the starting point for more substantial changes throughout the rest of the planet." REUTERS



DENIS SARRAZIN/REUTERS

The incredibly rapid rate at which Canada's Arctic ice shelves are disappearing is an early indicator of the "very substantial changes" a top scientist said yesterday.

Former top cop lashes out

ARAR Canada's former top cop alleges U.S. authorities misled him over the case of Maher Arar who was arrested in New York and deported to Syria, where he was imprisoned and tortured.

Giuliano Zacardelli

Giuliano Zaccardelli, the former head of the RCMPsaid Washington "threw away the rule book" when it came to software engineer Maher Arar, who was arrested during a stopover at JFK Airport in September 2002.

Zaccardelli quit as RCMP commissioner in December 2006 after admitting he had misled Canadian legislators over how the force handled the affair.

An official report earlier that year concluded that U.S. officials acted after the RCMP falsely told them Arar was a suspected Islamic extremist.

Zaccardelli says Canada was informed Arar would be set free. REUTERS

Life and death **Solo race around the world**

JON TATTRIE/FOR METRO CANADA

Derek Hatfield makes sure the Spirit of Canada is ready at the Royal Nova Scotia Yacht Squadron in Halifax yesterday. Hatfield is preparing for his second solo race around the world that begins in France on Monday. In his first attempt he was nearly killed when 60 foot waves flipped his yacht during the middle of a Hurricane off the coast of Argentina.

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Climate change makes for stormy weather, researchers say

As the world's oceans get warmer, tropical storms increase in severity, climate scientists reported yesterday. Researchers looked at satellite data from 1981 to 2006 and determined that the strongest storms got stronger as a result of increasing ocean warmth. REUTERS

World

MMR shot, autism unrelated

Scientists said yesterday they could not find any truth to a purported link between autism and the combined vaccine for measles, mumps and rubella. Parents' refusals to have their children vaccinated against measles have contributed to the highest numbers of cases seen in in the United States and parts of Europe in many years. Measles kills about 250,000 people a year globally, mostly children in poor nations. REUTERS

Palin makes debut

VP candidate slams Obama, critics

Sarah Palin touted her small-town roots and swiped at Democrat Barack Obama during a highly anticipated speech to the Republican convention yesterday, ridiculing her critics as "the Washington elite".

In her public debut in the spotlight, John McCain's running mate drew roaring cheers when she came out swinging against Obama and members of the media who questioned her qualifications.

"I've learned quickly these past few days that if you're not a member in good standing of the Washington elite, then some in the media consider a candidate unqualified for that reason alone," the Alaska governor told the crowd.

Palin has been the centre of a media storm fuelled by her unmarried teenage daughter's pregnancy, a probe into her role in an Alaskan official's firing and questions about her political record.

She said her service as mayor of Wasilla, Alaska lent her a realistic perspective on politics, and contrasted that with Obama's background as a first-term senator and community advisor in Chicago.

"I guess a small-town mayor is sort of like a 'community organizer,' except that you have actual responsibilities," she said. REUTERS

investigation

- Palin is under investigation by Alaska's state legislature to determine whether she fired a public safety commissioner after he declined to fire a state trooper who had divorced Palin's sister.

REUTERS/BRIAN SNYDER

Bristol Palin daughter of vice-presidential candidate Sarah Palin, watches as her boyfriend Levi Johnston is greeted by Republican presidential candidate John McCain at Minneapolis-St. Paul International Airport yesterday. The 17-year-old Palin's pregnancy has fuelled a media storm.

Faulty U.S. intelligence led to deadly raid, official says

PAKISTAN Suspected U.S. commandos blamed for 20 deaths in Pakistan acted on faulty intelligence, that was never shared with Pakistani forces within the country, a Pakistani official said yesterday.

"The intelligence was not correct and the people who have been killed are unarmed civilians, not militants, and those include women and children," said Nadeem Kiani, spokesman for the Pakistani Embassy in Washington.

Kiani said the predawn raid near Pakistan's border with Afghanistan in South Waziristan was a violation of Pakistan's sovereign territory.

Pakistani officials suspected that U.S. soldiers backed by helicopter gunships carried out the attack in a region known to host al-Qaida and Taliban militants.

Spokespeople for Afghanistan's NATO-led force and the U.S. Defence Department said they had no information about the incident. REUTERS

U.S. to lend aid to Georgia

CONFLICT The United States announced at least $1 billion in aid yesterday to help ally Georgia rebuild after its war with Russia.

The first $570 million of the funds, which will help repair the country's economy and infrastructure, will be delivered by year's end. A multi-year aid commitment to Georgia "will begin now under President Bush and we believe strongly will endure in the next U.S. administration," said Secretary of State Condoleezza Rice.

U.S. officials said it was too soon to provide Georgia with military aid. REUTERS

News in brief

PAKISTAN Taliban gunmen fired shots at Pakistani Prime Minister Yousaf Raza Gilani's motorcade yesterday, but police said he was not in it at the time. The motorcade was headed to the airport to pick him up.

YONGBYON North Korea has taken some mothballed nuclear equipment out of storage at its Yongbyon nuclear facility. U.S. officials view this as a negotiating tactic, not a true effort to rebuild the complex, which experts believe has produced enough plutonium for six to eight bombs

HURRICANE Hurricane Ike strengthened rapidly into an "extremely dangerous" Category 4 storm in the Atlantic Ocean with 135 mph winds yesterday, the U.S. National Hurricane Center said. Ike was expected to turn west tonight and Friday, taking it over the open waters of the west-central Atlantic. It was still too early to tell what, if any, land areas might be affected by Ike, or if it will pass over Gulf of Mexico oil fields. REUTERS

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Adidas, Wal-Mart settle lawsuit

Adidas AG , the world's No. 2 sports goods maker, will keep battling those who misuse its three-stripe logo, it said yesterday after settling an infringement lawsuit against Wal-Mart. "The brand with the three stripes is still as strong as it used to be," Adidas said, giving no details of the settlement. REUTERS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Bank of Canada holds rates at 3%

INTEREST The Bank of Canada held its key interest rate steady yesterday and signaled it was in no hurry to cut rates any time soon, even as it warned that the U.S. economic outlook could worsen.

"The bank judges that the current level of the target for the overnight rate remains appropriately accommodative," it said in a statement outlining its decision to keep the overnight rate at three per cent.

The move was widely expected by primary securities dealers and leaves the rate one percentage point higher than the U.S. equivalent.

But the market, spooked by data showing the economy stagnating in the first half of the year, had priced in an almost 40 per cent chance of a rate cut and the Canadian dollar edged higher.

Adopting a slightly more dovish tone than it has in the past, the central bank highlighted concern that the U.S. economy will not meet the 1.5 per cent growth it has forecast for next year. REUTERS

factors involved

- The bank noted Canadian growth was slightly below expectations in July and that inflationary pressures should dissipate in coming quarters, all factors weighing in favor of loosening monetary policy.

Airlines **Industry in trouble**

REUTERS/CHRISTINNE MUSCHI

Giovanni Bisignani of the International Air Transport Association said yesterday in Montreal that global airlines are set to post losses of $5.2 billion this year and $4.1 billion in 2009 as high oil prices take a toll on the industry.

Business in brief

FORD The federal government will offer Ford Canada up to $80 million over five years to help build facilities that could "create or sustain" some 750 jobs in Windsor, Ont., Industry Minister Jim Prentice said yesterday.

TECH Dell Inc Chief Executive Michael Dell said his company may one day sell a device that competes with Apple Inc.'s iPhone, though he does not plan to get into that market any time soon. REUTERS

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Bruins ink veteran Yelle to deal

The Boston Bruins added veteran depth by inking forward Stephane Yelle, right, to a contract. Per club policy, terms were not disclosed. Yelle recorded three goals and 12 points in 74 games last season for the Calgary Flames. METRO NEWS SERVICES

Sports

Ray wins weekly CFL honours

Ricky Ray, left, and Kamau Peterson of the Edmonton Eskimos were among the top players for the CFL in Week 10. Ray earned offensive honors after completing 26-of-38 passes for 376 yards and three touchdowns in the Eskimos win over the Stampeders. Peterson earned Canadian Player of the Week honors The defensive player of the week was Montreal Alouettes cornerback Mark Estelle. Dominique Dorsey of Toronto Argonauts was the top special teams player. METRO NEWS SERVICES

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Sundin's return still far away

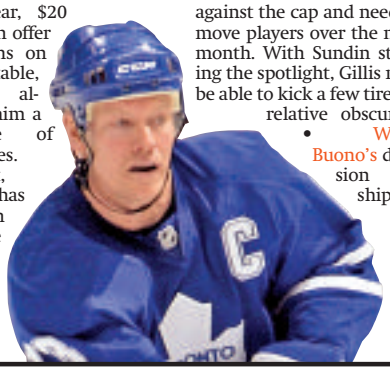
Don't feel bad Vancouver, Mats Sundin doesn't want to play anywhere right now.

That was the underlying message delivered by Sundin on Toronto radio this week, when the object of many a general manager's desire spoke for himself on the subject.

While as polite and seemingly honest as possible during his interrogation, Sundin made it very clear that he has not been actively training for the upcoming season. In fact, he admitted that he hasn't even skated this summer.

The 37-year-old was careful not to use the word "retire", and one senses a mid-season return is much more plausible than any other scenario in the near future. Canucks' GM Mike Gillis reiterated that Vancouver's two-year, $20 million offer remains on the table, which allows him a couple of luxuries.

First, Gillis has proven to the fans and to his team (ie. Roberto Luongo) that he will pay top dollar for what he believes to be the top talent available. Second, the open invitation allows Gillis a smokescreen to pursue other deals while the hockey world waits for Sundin's decision.



A number of teams are up against the cap and need to move players over the next month. With Sundin stealing the spotlight, Gillis may be able to kick a few tires in relative obscurity.

• Wally Buono's decision to ship Joe Smith to Winnipeg for Charles Roberts was simple.

On the field, Smith was too one-dimensional for the Lions' liking.

Though Smith is a powerful, consistent back when at his best, he doesn't return kicks nor does he offer the possibility of the "big play." Though the Leos already have two backs that fit that description in Stefan Logan and Ian Smart, Buono preferred three interchangeable parts rotating through his backfield.

Roberts, Logan and Smart can all thrive with touches via handoff, pass-catching or returning the football, though only two of them will be dressed in any given week. And therein lies the potential rub.

If all goes well, Buono has created a more competitive environment for his trio of explosive backs while adding depth to each position in case of injury. But can he keep all of them happy?

Each has a valid claim for getting the ball; Roberts is a perennial CFL all-star, Smart is the reigning CFL Special Team Player of the Year, and Logan has been the Lions' most productive player per opportunity this season. Say what you want about Smith, but he didn't spout off in the media nor did he cause a stir in the locker room when his role changed this year. Roberts offers a considerable reward, but it comes with considerable risk.

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.

First replay use confirms homer

MLB Alex Rodriguez moved into 12th place on baseball's all-time home run list with his 549th homer, a play which saw the first use of instant replay, as the New York Yankees earned an 8-4 victory over the Tampa Bay Rays.

With two gone in the ninth Rodriguez crushed what appeared to be a homer over the left field foul pole. Umpire Brian Runge signaled homer, but Rays catcher Dioner Navarro protested. The call was upheld after the replay was reviewed.

METRO NEWS SERVICES

Sports in brief

NHL The Detroit Red Wings are reportedly close to closing in on a contract with defenceman Chris Chelios.

METRO NEWS SERVICES

Ravens put Boller on IR

The Baltimore Ravens have placed quarterback Kyle Boller, left, on injured reserve because of a shoulder problem and filled the roster spot by signing quarterback Todd Bouman. Boller injured his shoulder in the team's second preseason game. METRO NEWS SERVICES

Serena wins battle of sisters

Serena Williams twice came from behind to complete a heart-stopping 7-6, 7-6 win over her older sister Venus and claim a place in the U.S. Open semifinals last night.

In a match of high quality where no quarter was given, Serena trailed 5-2 in the second set tiebreak before clawing her way back to seal victory in two hour 25 minutes.

Two-time champion Serena, the fourth seed, saved eight set points in the second set before seventh-seeded Venus hit a forehand long to surrender the match.

"It definitely felt like a final of the U.S. Open, it was so hard," a breathless Serena said in a courtside interview. "I can't believe I won it. Wow!"

Serena, who edged ahead 9-8 in overall meetings between the siblings, will next meet sixth-seeded Russian Dinara Safina — who beat 16th-seeded Italian Flavia Pennetta 6-2, 6-3 yesterday — for a place in the final.

On the men's side, sixth-seed Andy Murray sneaked into his first grand slam semifinal when he won a grudge match against Argentina's Juan Martin Del Potro 7-6, 7-6, 4-6, 7-5 yesterday. REUTERS

KEVIN LAMARQUE/REUTERS

Serena Williams defeated her sister Venus 7-6, 7-6, last night to advance to the semifinals of the U.S. Open.

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	84	53	.613	—
Boston	82	57	.590	3
N.Y. Yankees	75	64	.540	10
Toronto	72	66	.522	12½
Baltimore	63	76	.453	22

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	78	61	.561	—
Minnesota	77	62	.554	1
Cleveland	67	71	.486	10½
Detroit	67	72	.482	11
Kansas City	58	79	.423	19

WEST DIVISION

	W	L	PCT	GB
L.A. Angels	84	54	.609	—
Texas	69	72	.489	16½
Oakland	63	75	.457	21
Seattle	54	85	.388	30½

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
N.Y. Mets	79	61	.564	—
Philadelphia	76	64	.543	3
Florida	71	69	.507	8
Atlanta	60	80	.429	19
Washington	54	86	.386	25

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	85	55	.607	—
Milwaukee	80	59	.576	4½
St. Louis	75	65	.536	10
Houston	74	66	.529	11
Cincinnati	61	78	.439	23½
Pittsburgh	59	79	.428	25

WEST DIVISION

	W	L	PCT	GB
Arizona	71	68	.511	—
L.A. Dodgers	70	70	.500	1½
Colorado	66	75	.468	6
San Francisco	60	79	.432	11
San Diego	53	86	.381	18

YESTERDAY'S RESULTS

AMERICAN LEAGUE

Toronto 5 Minnesota 4 (11 ings)
Boston 5 Baltimore 4
Chicago White Sox 4 Cleveland 2
N.Y. Yankees 8 Tampa Bay 4
Texas 1 Seattle 0
Oakland at Kansas City (ppd., rain)
Detroit 9 L.A. Angels 6

NATIONAL LEAGUE

Arizona 4 St. Louis 3
Florida 5 Atlanta 3
Houston 4 Chicago Cubs 0
N.Y. Mets 9 Milwaukee 2
Pittsburgh 6 Cincinnati 5
San Francisco 9 Colorado 2
Washington 9 Philadelphia 7
L.A. Dodgers 6 San Diego 4

TODAY'S GAMES

AMERICAN LEAGUE

L.A. Angels at Detroit, 10:05
Oakland at Kansas City, 2:10 (1st)
Minnesota at Toronto, 4:07
N.Y. Yankees at Tampa Bay, 4:10
Oakland at Kansas City, 5:40 (2nd)

NATIONAL LEAGUE

Pittsburgh at Cincinnati, 9:35
Washington at Atlanta, 4:10
San Diego at Milwaukee, 5:05

CFL

WEST DIVISION

	W	L	T	PTS
Saskatchewan	7	2	0	14
Edmonton	6	3	0	12
Calgary	5	4	0	10
B.C.	4	5	0	8

EAST DIVISION

	W	L	T	PTS
Montreal	6	3	0	12
Toronto	4	5	0	8
Hamilton	2	7	0	4
Winnipeg	2	7	0	4

WEEK 11

TOMORROW'S GAME

Calgary at Edmonton, 6

SATURDAY'S GAME

B.C. at Hamilton, 1

SUNDAY'S GAMES

Toronto at Montreal, 10
Saskatchewan at Winnipeg, 1

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:

TOMORROW'S GAME

VANCOUVER at Puerto Rico, 5

BASEBALL

NORTHWEST LEAGUE GAMES FEATURING THE VANCOUVER CANADIANS:

LAST NIGHT'S RESULT

VANCOUVER 8 Salem-Keizer 5

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Metro Homes

Counter point

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Higher costs of living a wake-up call

UrbanDweller

Carlyn Yandle
carlyn.yandle@metronews.ca

You can feel it in the Wet Coast air. The rising cost of living is starting to affect us. As the price of gas, food, tuition, insurance and utilities increases, first we sink into denial. We don't want to know what our property is worth this year compared to last, or what's at the bottom of our latest credit card statement.

But suddenly it hits us: we can't afford that weekend getaway, that daily morning latte, that new computer. We've gone from going out a couple of nights a week to renting more DVDs and staying in. First comes denial, then comes anger. We're not getting what we want, or think we need. Worse, we're practically born into the belief that we can have it all, and we celebrate those who display ambition to have it all.

We're nowhere near the next stage: Acceptance, the place we need to be in order to begin moving forward.

In a free-market economy, there's no incentive to stem the gimme-gimme urge. There's no public campaign to encourage people to grow or preserve their own food, or resist spending on frivolous items. BC Hydro may be asking us to get Power Smart, but the phone and cable companies keep urging us to buy more service.

You can see it in our homes. Most are cluttered with non-essentials, yet many of those homedwellers are cash-poor. That's a lifetime of buy-buy-buy conditioning for you, and it starts as soon as baby recognizes the Golden Arches.

We need to do a little more than recycle plastic bottles; we need to channel our grandmothers and learn to live with less useless stuff. This is the perfect time of year to start separating 'want' from 'need' around the typically cluttered homefront.

Prepare to start falling in love with the notion that less is more.

Carlyn Yandle is a Vancouver journalist with her own home organization business, Home Reworks, homereworks.com.

CARLYN YANDLE PHOTOS

Less is more: replace the clutter of bottles with two pretty pump bottles, one each for shampoo and conditioner.

Taking steps

- Pare your closet down to just your favourite clothes, and enjoy the newfound space.
- Don't buy unnecessary items just because they're on sale. There are always sales. Memorize this mantra: It's not a bargain if you don't need it.
- Amass and assess: Pull together every bottle of shampoo and conditioner. Vow to use what you already have before purchasing another bottle. Do the same with all other consumable clutter, from housecleaning products to condiments.
- Save up for purchases, and purchase well, with quality and longevity in mind.
- Retail therapy is so over.

Now might be the right time to play landlord

HouseLeague

Ryan DeLuca
ryan.deluca@metronews.ca

With the current balancing of the real estate market, now may be the perfect time to purchase that investment property you have been contemplating for so long.

With so much inventory to choose from, it may be tough to decide which is the best neighbourhood and which is the best unit is for you. And do you rent the unit furnished or unfurnished?

Well, before you get your knickers in a knot, here is some helpful advice. Get your butt off the couch and research.

First, you must decide on the type of rental you want. While furnished corporate rentals being rented on a monthy basis will bring you more cash flow, you may run the risk of not having your unit rented during the slow winter season.

On the other hand, while an unfurnished unit rented on a yearly lease will bring you more stability, the rent will be lower. Is your head spinning yet?

Second, you need to find the neighbourhood you want to purchase in. The success of your rental will depend on the demand in the area for that type of unit. If corporate furnished rentals is what you want, then areas such as Coal Harbour, False Creek North and Downtown are just some of the hot spots to consider.

Businessmen and women do not want to spend their hard-earned cash in neighbourhoods that are far from work and surrounded by colourful characters who enjoy using the sidewalks as their own personal toilets. They yearn for the upscale parts of town with all the amenities at their doorstep.

On the other hand, buying in an "up-and-coming" neighbourhood such as Citygate and Soma on Main Street are perfect for the unfurnished rentals.

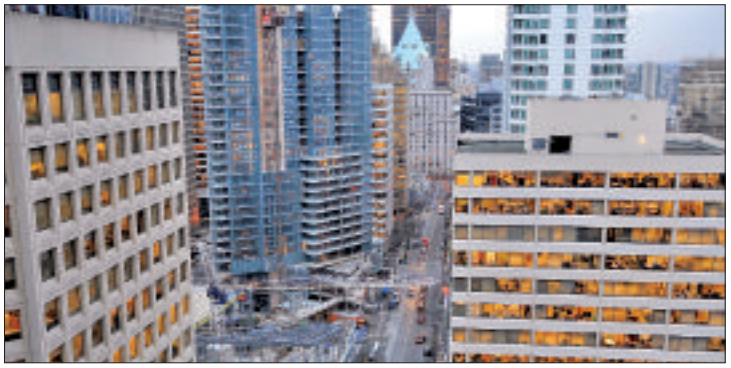
These "artsy" neighbourhoods are hot rental markets, and the gentrification of these neighbourhoods will only help increase the value of the property faster than the city average.

That is a lot to consider. It is enough to make even the most sane individual run to the dreaded in-laws for advice. So let me offer some of my own.

Find a realtor who specializes in finding rentals to do all the work for you. You will save your sanity, and end up with that perfect investment at a price that works for you.

Now all you have do is find a decent tenant. And that is a whole other article!

Ryan DeLuca is a realtor with Sotheby's International Realty Canada in Vancouver. He is also host of The Real Estate Minute on Novus TV.



Know your area: if focusing on corporate rentals, think Downtown.

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Keeping kids cool
Freeze tetra packs of juice or milk. They will be thawed by snack or lunchtime while keeping the rest of the lunch cold. And they can be recycled. METRO NEWS SERVICES

Food

"Variety is key to successful lunches, variety in flavour but also in colour and texture (soft, crunchy, smooth, firm)."
Barb Holland/for Metro Canada

Remember
At the end of the day, check your child's lunch bags/back packs. Sometimes food is not eaten or discarded as quickly as it should.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

This recipe was created to highlight the unique texture of Rosenborg Traditional Blue Cheese.

A real 'aged' cheese

Rosenborg — a name inspired by the Royal Rosenborg Castle in Denmark — has been producing award-winning cheeses since 1926. This recipe was created specifically to highlight the unique quality and texture of Rosenborg Traditional Blue Cheese. Serves 4.

Pork Chops stuffed with Pecans and Blue Cheese

INGREDIENTS:
- 4 pork loin chops
- 1 pack (125g) ROSENBORG® Traditional Blue Cheese
- 25 g pecans, chopped
- 2 tbsp (30 mL) fresh breadcrumbs
- 1 tbsp (15 mL) fresh thyme leaves
- Salt and pepper
- Oil for brushing and further thyme leaves for garnish

METHOD:
Crumble the cheese and combine well with the chopped nuts, breadcrumbs and herbs, seasoned well with salt and pepper.

Make a horizontal slit in each of the loin chops and place a quarter of the cheese mixture into each. Seal with a wooden toothpick or metal skewer.*

Preheat the grill to high, brush the chops very lightly with oil and sprinkle with thyme, then grill for 8 to 10 minutes on each side.

Serve with toothpick/skewer carefully removed, sprinkled with fresh thyme and accompanied by seasonal vegetables of your choice.

Honey, time for school

À la carte

Barb Holland
Metro Food Writer

Oh boy, back to school, back to routines and yes, packing lunches again. Here is a recipe for easy and tasty no-bake bars that can be wrapped for lunch boxes or as an after school snack, and a few tips.

Chewy Dried Fruit Oatmeal Bars

Change it up with your preferred dried fruit in place of the apricots and raisins — figs, dates and dried cranberries, cherries or blueberries. Makes 18 bars.

INGREDIENTS:
- 1-1/2 cups (375 mL) Cor Flakes or Rice Krispies type cereal
- 1 cup (250 mL) quick cooking oats (not instant)
- 1/2 cup (125 mL) diced dried apricots
- 1/2 cup (125 mL) raisins
- 2 tbsp (30 mL) butter
- 1/4 cup (60 mL) brown sugar
- 1/4 cup (60 mL) liquid honey
- 1 tsp (5 mL) grated orange peel
- 1/2 tsp (2 mL) vanilla

METHOD:
Line a 9-inch (23 cm) square baking pan with a parchment paper sling (ends hanging over to make it easy to remove). Lightly oil or spray ends that do not have paper.

In a large bowl, combine cereal, oats, apricots and raisins.

In a small saucepan, combine butter, brown sugar and honey. Over medium heat, bring to a boil, stirring frequently. Boil 1 minute, stirring often. Remove from heat, stir in orange peel and vanilla.

Pour over cereal mixture and stir well to thoroughly combine. Press evenly and firmly into prepared pan. Refrigerate to firm up.

Better Brown Bagging:
- The midday meal should meet 1/3 of your children's daily nutritional needs. Include at least one food from each of the four food groups in their lunch box: Fruit and vegetables, grains, dairy products, meat and meat substitutes. Including the four food groups not only provides healthy meals, but adds colour — just think of the rainbow of Canada's Food Guide to Healthy Eating.
- Keep lunch staples on hand in your refrigerator and pantry: Fruit juices, tomato cocktails, canned fruit, fruit compotes, cereal bars, cheese sticks, dried fruit, yogurts, individually packed carrots and fruit, etc. Have your children prepare the lunches with you. They will pack preferred foods and are less likely to trade or toss if they have invested the time.
- Buy re-usable containers — sturdy lunch bags and boxes are available now in a fun range of colours. Include fingertip 'wipes' or a damp cloth in a sealable bag. Wrap your sandwiches in parchment paper — it's sturdy and can be recycled into the green bin.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Honey gives this recipe a natural sweetness.

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- Overseeing the purchases of office supplies & furniture as well as maintenance
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- Excellent interpersonal and communication skills
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ling.tam-lewis@metronews.ca

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Simon Fraser University (Surrey)
Sept. 5, 10 a.m. – 3 p.m.

Kwantlen University (Richmond)
Sept. 9, 11 a.m. – 4 p.m.

Kwantlen University (Langley)
Sept. 10, 11 a.m. – 4 p.m.

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Armani designs Egyptian villas
Giorgio Armani will design his first villas for a $1.85 billion gated community development in Egypt that is just two hours' drive from Cairo, the Italian fashion designer said recently. The villas will be up to 500 square metres in size and with up to four bedrooms, each with its own pool. REUTERS

Style

Janet Jackson reveals new lingerie

In addition to her upcoming album, Janet Jackson will be launching an apparel line featuring only lingerie. It will be called Pleasure Principle after her 1986 hit song. Thank heavens it's not Nasty and, after nipplegate, let's hope these foundation garments have better support. TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Bag of goodies

Transporting your personals in style

LAURA LEE FULHAM/FOR METRO CANADA

ABOVE: Zipper shopper red bag, Roots, $458 (Available at Roots stores across Canada and *www. roots.com*)

ABOVE: Browns ID purse, Browns, $120 (Available at Browns stores or *www.brownsshoes.com*)

ABOVE: Faux Croc brown bag, Jeanne Lottie, $100 (Available at *www.jeannelottie.com*).

ABOVE: Snakeskin grey bag, Only Accessories, $100 (Call (416) 504-7070 for availability)

RIGHT: Blue reversible bag, Le Chateau, $69.95 (For store locations, visit *www.lechateau.com*)

RIGHT: Black patent leather bag, Town Shoes, $110 (Availability at *www.townshoes.com*)

RIGHT: Big green purse, Esprit, $94.50 (Available at 1-866-4ESPRIT)

SNAKESKIN, GREEN AND BLUE BAGS SHOT BY DAVID VAN DYKE

Style File

Kim Elbo
kim.elbo@metronews.ca

ask kim

I have a friend who wants an Andy Roddick Lacoste hat with a capital "L" on the front. Do you know if they are still available, and from where? - Sandy, Toronto

I spoke to Lacoste Canada and they said that the item you mentioned was from a past collection and that it was limited edition. Try calling the head office in Montreal to see if they carry it in back stock: 1-800-798-1212.

E-mail your style questions to *kim.elbo@metronews. ca.*

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

The cool kid basics

Say It Loud
Designer: Mavi
Shop: Mavi
Address: Various Locations
mavi.com

Arithmetic
Designer: Lifetime
Shop: Eugene Choo
Address: 3683 Main St.
eugenechoo.com

Bright Graphics
Designer: Kidrobot
Shop: Voltage
Address: 4346 Main St.
voltageland.com

Worn & Torn
Designer: Bensimon
Shop: Umeboshi
Address: 3638 Main St.
umeboshishoes.com

Classic
Designer: Converse
Shop: Eugene Choo
Address: 3683 Main St.
eugenechoo.com

Checkered
Designer: Vans
Shop: Headquarters
Address: 1232 Burrard
headquarterstore.com

graphic tees

A new school semester can't start without new school gear. Get noticed and be heard without saying a word with a protest T-shirt. If you like shirts filled with fun graphics then check out the Lifetime collection of shirts at Eugene Choo. The one pictured is my favourite as it's filled with images from a geometry set. A collection of T-shirts wouldn't be complete without a simple graphic tee by Kidrobot. Shop the Kidrobot store for bright graffiti inspired graphics — *kidrobot.com.*

accessory
For the ladies, try on a pair of these Tokidoki skull and safetypin inspired earrings. $50 Available at Blue Ruby – *blueruby.com*

school shoes

One of the most important item you'll need for the new school year is new shoes to walk around in on campus. This season instead of the usual bright white sneakers you'll be seeing much more of the opposite — like deconstructed black or grey leather shoes. The look in men's shoe this fall takes on more of a worn and torn vintage style. Look out for updates on the classic Converse Chuck Taylors and Van's skate shoes.

psst... **New store! Mavi will be opening up its fourth location in Vancouver. The jean store will be located on South Granville right next to Plum. Check it out later this fall. — *mavi.com***

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Style

Meet our stylists! ELLE experts shares their fall favourites and style secrets!

STYLE CONTENT BY ELLE CANADA ellecanada.com

ELLE CANADA

Life is sweet

Minnie Driver's second act.

By **Laura deCarufel**
Senior Editor

In person, Minnie Driver is as voluble, funny and feisty as Dahlia Malloy, the character she plays to Emmy-nominated acclaim on the TV show The Riches (FX). "It's the best part I've ever been offered," says Driver, in New York to attend a party hosted by The Body Shop to celebrate 21 years of creating community-trade projects. "The character and the show supported everything that I was looking to do in my grown-up, professional life." That busy life also includes music: Driver recently released her second album, Seastories, which features turns from Liz Phair and Ryan Adams. Volunteer work is important to her as well. She has visited Cambodia and Thailand with Oxfam — a charity she has supported since childhood — and is a passionate, vocal believer in community trade. "It's the fastest way to change the world," she says."With Oxfam and community-trade programs like The Body Shop's, the money goes directly to the people, and they can choose what to do with it. They know how to make their lives better."

Then there's impending motherhood — a subject on which Driver is mum. The woman once better known for her string of high-profile boyfriends — Damon, Cusack, Brolin — now appears set to command the stage herself.

PURPLE REIGN

EXPERT Joanna Schlip, celebrity makeup artist for Physicians Formula, on how to achieve an ultra-violet smoky eye ● After prepping the eyelids with an eyeshadow primer, sweep a pale-violet shadow from the lash line to the browbone. ● Blend a deeper shade of purple into the crease, softly brushing it up toward the browbone and the outer corner of the eye. ● Outline the upper and lower eyelids with black liner, smudging it with your fingertip for a smoky effect. Curl the lashes, and finish with two coats of black mascara.

YSL 5 Colour Harmony for Eyes in No. 4 Lilac Sky ($72)

Physicians Formula 100% Natural Origin Eyeliner in Black Night Organics ($12)

Bare Escentuals bareMinerals Eyeshadow in Passionate Plum ($16)

EDITORS' PICK

BOLD HUES!

Stand out in hues that sizzle and pop! The colour purple meets the disco ball in boots designed to cause double takes ($1,595, Jimmy Choo).

The Natural

Earth-tone bags swing to a '70s beat.

Leather ($495, Banana Republic)

Pleather ($220, Matt & Nat)

Leather ($240, La Diva)

Leather ($275, High Fashion Handbag)

Leather ($200, La Diva)

PVC ($80, Urban Expressions)

STUDIO ANDRÉ DOYON

WHAT'S NEW Who says brains and beauty can't go hand in hand? A serum that is applied before moisturizer, La Mer's The Hydrating Infusion "reads" the skin's temperature and moisture and pH levels to deliver optimum hydration.

La Mer The Hydrating Infusion ($115)

Long sleeve half-zip top and track jacket ($50 and $65, Puma)

COVER GIRL

When your body temperture cools down, throw on a light layer that looks as stylish in the gym as it does on your commute home. Made from breathable, form-fitting polyester, Puma's half-zip top has shirred details to flatter the female form, while its track jacket is durable enough to withstand a bout of windy weather. **LESLEY YOUNG**

ELLE CANADA

Legendary hairstylist Sam McKnight creates four hot fall looks, only in ELLE Canada!

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New film honours Valentino

The new film Valentino: The Last Emperor, is an intimate, fly-on-the-wall look at the designer's last two years at the helm of the fashion house he created in the 1960s. REUTERS

Violet femmes

This royal hue – from lilac to amethyst – is hot for the fall

PHOTOS BY TANNIS TOOHEY/TORSTAR NEWS SERVICE

ABOVE: Trench coat, $240, Banana Republic.

LEFT: Revlon Line Fantasy Cream Eyeliner in Plum, $12.95.

ABOVE: David Dixon tricoloured boots, $175, Town Shoes; Rimmel's Play Fast nail colour in Night Before, $4.95.

When her husband claimed the Democratic presidential nomination, Michelle Obama chose to wear her signature pearls with a simple sheath dress — which was a rich purple colour.

Across the pond, another woman behind a powerful man, First Lady of France Carla Bruni Sarkozy, also displayed a penchant for this plummy colour. For a state dinner at Elysée Palace, she wore a purple Hermès gown and she wowed the British public in a rich grape-coloured Dior coat when she arrived at 10 Downing Street for a state visit earlier this year.

"I do think that purple is the perfect symbolic choice for both women," said Renee Labbe, director of the Canadian division of Promo-Styl, an international trend and colour forecasting agency. "Like silently saying they are already royalty — worth a presidency."

Even young starlets in Hollywood have clued in that when it comes to the power of colour, purple reigns. Blake Lively, the actress on Gossip Girl, one of the hottest television shows right now, has been spotted soaking up ultraviolet vibes.

And, come fall, a full range of shades of this berry colour, from lilac to aubergine, is proving to be a hot hue in accessories and makeup.

PHOTO COURTESY OF WINNERS

ABOVE: Winners model wearing purple knit beret, $14.99, cable-knit poncho, $29.99, and Italian patent leather handbag, $189.99.

"Purple amethyst is one of a few 'gem stone' shades trending at the moment," says Labbe. "Many chose to use it as a luxury shade, bouncing off its origins as a royalty colour but others, such as mass retailers, chose to use it as an 'energy' colour."

Throughout history, power players have always shown a passion for purple.

Egyptian queen Cleopatra so loved the colour, she purportedly had her servants soak thousands of Purpura snails to get a single ounce of Tyrian purple dye.

"The paler purples are soothing shades and are generally what I like to refer to as 'Zen' colours — naturally therapeutic," Labbe says.

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Back To School

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These Winter Grip shoes by Geox have patented breathable soles and are available across Canada. Shoes in sizes 26-34 retail for $80; shoes in sizes 35-41 retail for $90. For availability go to geox.com.

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Gear goes green

School supplies reflect public's environmental awareness

RAFAEL BRUSILOW
for Metro Canada

If you're going back to school, don't forget to go green.

With plenty of recycled and all-natural products on store shelves, it's easy to make your trip to the classroom an environmentally sound one.

Wal-Mart Canada spokesperson Felicia Fefer says offering a wide range of green products was a no-brainer for the retailing giant, given Canadians' strong sense of environmental awareness.

"It's one of the most important issues among Canadians today. Parents and children are looking for greener choices," Fefer said.

Backpacks made from recycled plastic pop bottles and bamboo socks highlight just some of the many green options — supplies made partially or wholly with recycled materials — the retailer has committed to offering consumers.

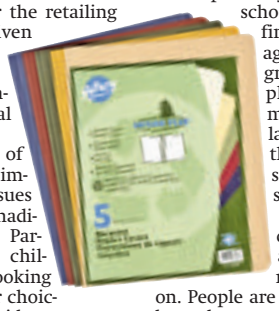
Samantha Hindmarch and Cristina Franco, director of marketing and marketing manager respectively at major school-supplies firm Hilroy, agree that green supplies are more popular than ever this back-to-school season.

"There is definitely a movement going on. People are choosing to buy the recycled option over the non-recycled option."
Samantha Hindmarch

"There definitely is a movement going on. People are choosing to buy the recycled option over the non-recycled option," Hindmarch said.

Some of Hilroy's biggest hits this season are three-pronged report covers made from 100 per cent recycled materials, high school notebooks made with 30 per cent post-consumer waste (things like excess packaging, used magazines or junk mail), and paper sheets and primary school sketchbooks made with 50 per cent recycled paper and 30 per cent post-consumer waste.

Hilroy already had a full line of environmentally conscious school products in the 1990s, but had to withdraw them due to a lack of demand.



A dry-erase board is a good way to avoid using a lot of paper.

DANDELION MUD PIE PHOTO

Hilroy Grad Recycled Notebooks, below, are available at major retailers for $4.99-$6.99. The Hilroy Enviro-Plus Recycled Report Covers, far left, are available at major retailers for $4.49.

Things are different today. "Consumers are more aware today — they understand the issues more. You see kids learning about it at school at a very early age," Franco said.

"It might have been just a fad back then, but now it's a movement," Hindmarch added.

DANDELION MUD PIE PHOTO

This year, environmentally-friendly school supplies include everything from stainless-steel Klean Kanteens, left, to backpacks, notebooks and lunch containers.

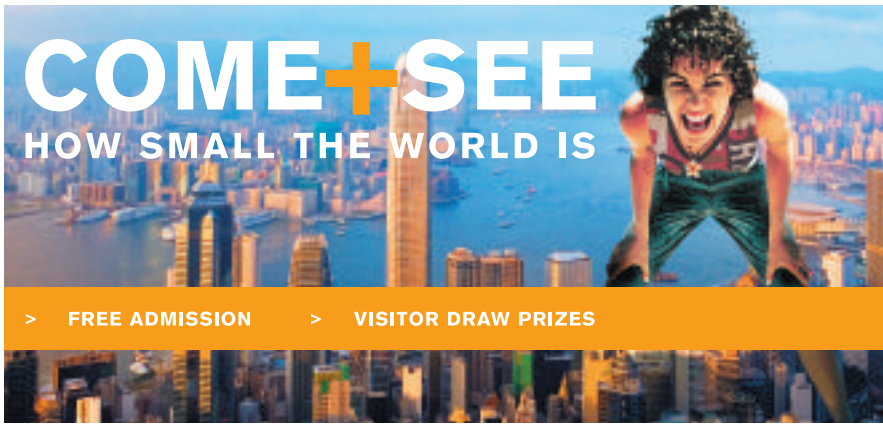
Franco is adamant, however, that how consumers treat their products is just as much a part of what makes them "green" as buying them in the first place.

"It's not just about buying recycled goods — it's about recycling them later too," she said.

For those wary of manufactured materials, specialty stores like Dandelion Mud Pie in Toronto offer a broad range of all-natural supplies.

Dandelion's owner, Helen Nestor, suggests sticking to lead-free plastics, aluminum-free drink bottles, and all-natural clothing fibres like bamboo, hemp and organic cotton.

"You want to stay away from all those things that are going into your skin, your dorm room, your locker," Nestor said.



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Give your child a fighting chance against bullying by keeping open lines of communication.

Bracing for bullies

Strong fall jitters can be a warning sign

VAKIS BOUTSALIS
for Metro Canada

Heading back to school can inspire the usual chorus of complaints from some kids, but if your child is showing unusual pangs of anxiety there is a chance they are worried about a bully.

"What parents can be doing is looking at their kids for signs. If the child has a lot of anxiety over heading back to school, it could be because there was an incident at the end of last year," says Stu Auty, president of the Canadian Safe Schools Network.

Auty stresses the importance of communicating with your child in order to root out the source of their anxiety. If there was a bullying incident during the previous year, Auty suggests parents get together with the teacher as early as possible.

"It's very important for a student to have a smooth transition into the beginning of the school year."

By keeping open lines of communication, parents can monitor any potential incidents without being too intrusive.

"It's a fine balance," says Auty, adding that parents can't control whether incidents occur, but can help smooth the way.

Modern bullies can strike at school or at home via cyber bullying.

Other signs Auty says to watch out for include an unexpected change of friends or behaviour, and if the child is faking illness to get out of school.

It is also important to remember that modern incidents of bullying are not restricted to the playground. Cyber bullying has become a common occurrence, and Auty says it's up to parents to have an understanding of what's happening.

It's a sentiment that is shared by Faye Mishna, associate dean of research at the University of Toronto's faculty of social work.

Mishna says kids often hide incidents of cyber bullying from their parents because they are scared of what might happen.

"If the child has a lot of anxiety over heading back to school, it could be because there was an incident at the end of last year."
Stu Auty

"One, they are scared that they are going to lose their Internet privileges, and two, they are using their cellphone at school – well, they are not supposed to be using their cellphone at school. So they think they are going to get in trouble," explains Mishna.

She says it's important for parents to minimize damages by not focusing on the fact that their child may have broken the rules.

"Don't take the Internet away because that is your kid's entire social life."

When it comes to online access, Mishna says monitoring which sites your child visits is not enough because there are so many outlets available. Like Auty, she stresses the importance of communicating in order to stay on top of any potential incidents.

Help your children adjust to their new routine

As a parent, you might be relieved to be getting back into the school routine, but your kids could be dreading the upcoming year. Your child might be feeling overwhelmed at the prospect of new school challenges, a new teacher and friends, and a busy extracurricular schedule.

Here are some tips to help kids adjust:

- **Write a "must-know" list for the school and teacher.** This will provide important information about your child for the teacher, school office or day-care staff. Include information about allergies, illnesses, physical limitations or any other requirements your child might need.
- **Watch out for possible signs of stress in your child.** Signs include disturbed sleep, headaches and/or stomach pains, a reduction or increase in appetite, and anxiety or poor concentration.
- **Avoid overloading your child with too many competitive activities outside of school.** Sometimes the best cure for stress is to give kids time for activities that we consider non-productive as adults, such as playing with a dog or building a rocket ship.

NEWS CANADA

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Security key
Make sure you have encryption software on your USB keys. If you forget them at the library, this will help prevent others from viewing your work. GEEK SQUAD

Back to cool

Fleece jacket, $29.99; dark-wash denim, $19.99; canvas sneakers, $29.99; knit hat, $6.99. All from Winners, winners.ca.

Hannah Montana bags, $19.97 each. Available at Zellers, zellers.com.

Shirt Dress (comes in burgundy and pink), $19; and charcoal School-girl Jumper, far right, $16. Both available at Joe Fresh, joe.ca.

Two-tone fooler tops, $8-$9 each. Available at Sears, sears.ca.

Airwalk Black/Grey/Pink "Rave High Kicks,"$37.99. Available at most Payless stores across Canada.

Shirt, vest and tie set, $16.99; dark-wash denim, $19.99; high-top sneakers, $39.99; and backpack, $14.99 All from Winners, winners.ca.

Hannah Montana hooded Tee, $19.97. Available at Zellers, zellers.com.

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School sales up online

RAF BRUSILOW
for Metro Canada

According to Visa Canada, nearly one-third of survey respondents said they plan to buy all their back-to-school supplies online.

A new survey shows the average Canadian expects to spend $881 shopping on the Internet for their back-to-school needs this season.

The survey was conducted by Visa Canada and also showed that nearly one-third of Canadians plan to buy all their back-to-school supplies on the Internet.

Alongside books, which traditionally have been the most common back-to-school items purchased online, 41 per cent of respondents said they plan to buy computers and electronics for school and 32 per cent said they were going to buy fall and winter clothing online as well.

Zack Fuerstenberg, a director at Visa Canada, says results of the survey show Canadians are increasingly gravitating to the Internet for a wider variety of purchases during the back-to-school season.

"It's interesting to see the variety of goods Canadians plan to buy online – last year, when we conducted similar research, half of respondents were only planning to purchase books," Fuerstenberg said.

Forty-one per cent of respondents said they were turning to the Internet to make their purchases because of its convenience.

Another 41 per cent cited better prices available on-line and 31 per cent said better selection was also a factor.

Males surveyed were more likely to shop for back-to-school supplies online (42 per cent) compared to females (35 per cent).

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More than a Game

JOE BOXER

Author to stop writing

Stephenie Meyer, bestselling author of the Twilight franchise, has announced on her website that she will no longer continue writing Midnight Sun after an early, incomplete draft was posted illegally online. **EW.COM**

Entertainment

Guy's denial

Director Guy Ritchie has denied that actor Russell Crowe is to play Sherlock Holmes' sidekick Dr. Watson in a new movie about the fictional detective. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

●●●●● A CLASSIC; ●●●●○ EXCELLENT; ●●●○○ GOOD; ●●○○○ FAIR; ●○○○○ POOR

Wilson's new vibrations

Brian **Wilson**

Album: That Old Lucky Sun
Label: Capitol/EMI
Rating: ●●○○○

IT'S TIME PEOPLE stopped waiting for the second coming of Brian Wilson. While it's true the head Beach Boy created some of the most sublime sounds ever produced on the planet ... that was more than 40 years ago. We've been hoping ever since that Brian would simply step out of his shrink's office and pick up where he left off with Heroes and Villains. It ain't gonna happen. That Old Lucky Sun is an ambitious, but quirky attempt at a southern California suite.

GETTY IMAGES FILE

That Old Lucky Sun is the new album from Brian Wilson.

At the age of 66, however, Wilson should not be singing odes to surfer girls. It just seems icky. It might have been nicely nostalgic if his shakey voice wasn't so annoying. And when he breaks into spoken word to recite Van Dyke Park poetry, it's embarassing. "Venice Beach is poppin' like live shrimp dropped on a hot wok," Wilson moans in his best Leonard Cohen voice. Brush off your copy of Pet Sounds and give this one a pass.

Graham Rockingham

Terrence **Howard**

Album: Shine Through It
Label: Columbia/Sony BMG
Rating: ●●●○○

DESPITE SOME interesting albums by Zooey Deschanel and Scarlett Johansson, the actor-turned-singer failure rate is still high. But another movie star has defied the odds and released, for the most part, a commendable debut album. Howard wrote every song, to varied success. The title track, with it's old-time Wonder-esque R&B sheen, is pleasing to listen to, but Mr. Johnson's Lawn's annoying talk-like singing is about as grating as it gets.

Bryan Borzykowski

Album**Reviews**

music@metronews.ca

Blues **Traveler**

Album: North Hollywood Shootout
Label: Verve/Universal
Rating: ●●○○○

IT'S AMAZING HOW a band with such a stellar reputation for live performances can release such a boring studio album. For much of North Hollywood Shootout, Blues Traveler sounds more like the Barenaked Ladies than Blues Traveler. For the most part, there's little evidence of the great jamband we loved in the '90s.

Graham Rockingham

Ledger voted top summer villain

MOVIES

Ledger

Heath Ledger's chilling portrayal of the Joker in Batman blockbuster The Dark Knight easily surpassed rivals to be named the summer's best movie villain in a new poll.

Australian Ledger, 28, who died of an accidental drug overdose before the film's release, won 95 percent of votes in a poll by AOL's Moviefone.com.

Two men charged in paparazzo row

CRIME Officials in California have charged two Malibu men for attacking a paparazzo who was snapping pictures of actor Matthew McConaughey as he was surfing in the Pacific Ocean in June.

The attack made headlines around the world and sparked calls by Los Angeles-area politicians for more controls over aggressive paparazzi. **REUTERS**

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 9/4/08	251	308	3 CBC	Coronation St.	Rick Mercer	jPod (CC) (DVS)		Doc Zone: The Climb (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Zoe Busiek: Wild Card		Behind the Camera: Unauthorized Story of Diff'rent				News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9 CTV	eTalk (CC)	Hollywood	CSI: Miami "Throwing Heat"		CSI: Crime Scene Invstgtn.		Flashpoint (CC) (DVS)		News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Doc Martin Special Martin rekindles a relationship.				The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Big Brother 10 (CC)		90210 "We're Not in Kansas Anymore; The Jet Set" (CC)				News (N)
	256	389	12 VI	Robson Arms	TMZ (N) (CC)	Grey's Anatomy (CC)		America's Got Talent Ten of the top 40 contestants perform.				News (CC)
	253	359	13 CITY	Law & Order: SVU		Ugly Betty (CC)		Glam God With Vivica A. Fox		Friends (CC)	Friends (CC)	Realty TV
	-	-	14 CW	'70s Show	'70s Show	90210 "We're Not in Kansas Anymore; The Jet Set" (CC)				Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Republican Convention		KIRO News	Entertainment	Big Brother 10 (CC)		CSI: Crime Scene Invstgtn.		News (N)
	287	379	16 NBC	Republican Convention		Evening Mag.	Inside Edition	Primetime Pre.	Digital TV	Diagnosis Cancer: Below Belt		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Open House	Confidential	House
	288	380	21 ABC	Republican Convention		Ugly Betty (CC)		Grey's Anatomy (CC)		Wheel-Fortune	Jeopardy!	News (N)
	-	-	26 KVOS	M*A*S*H	Scrubs (CC)	Public Enemies ★ (1995) Theresa Russell, Dan Cortese.				Cheers (CC)	Scrubs (CC)	Seinfeld
	291	383	27 PBS	Republican Convention		Celtic Thunder (CC)				Last Lecture: Really		
	290	382	29 FOX	Two/Half Men	Two/Half Men	Kitchen Nightmares "Revisited: Gordon Returns" (CC)				News (N) (CC)		Family Guy
	-	364	48 PBS	Republican Convention		Red Green	Brotherly Love	Tavis Smiley	Charlie Rose (N) (CC)		Mystery! (CC) (DVS)	
	296	654	54 SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Paid Program
	298	653	55 TLA	Two/Half Men	Two/Half Men	90210 "We're Not in Kansas Anymore; The Jet Set" (CC)				KTLA Prime News (CC)		Friends (CC)
	295	651	58 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	Sex and-City	Friends (CC)	Will & Grace	Will & Grace	My Wife-Kids
	297	652	57 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		Real Housewives of OC		Late Late Show	
news	502	390	29 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National		The Nature of Things (CC)		National
	500	500	69 CNN	(3:00) Republican National Convention (CC)				Larry King Live (N)		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet Connected (Live)		World Poker Tour		Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			U.S. Open Tennis	Men's Quarterfinals. (Same-day Tape) (CC)				SportsCentre
	411	457	49 OLN	Pilot Guides	Odyssey	Pilot Guides (CC)		Don't Forget Your Passport		Coltrane's Britain		Survivorman
	410	403	54 SCR	College Football South Carolina at Vanderbilt.			Score Tonight		Final Score	Sports Rage		Final Score
	417	406	55 SC	Wrecked (N)	Wrecked	Pinks	Pass Time	Pinks -- All Out		Pinks -- All Out		Wrecked
	416	409	144 GLF	Fútbol Ecuatoriano		Gol TV News		Extra Time		Gol TV News		Gol TV News
family	552	543	25 YTV	H2O, Just Add	Home Imp.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Prank Patrol	Mystery Hnt.
	555	545	50 TEL	George	Bugs Bunny & Tweety Show		6teen (CC)	Total Drama	Futurama	The Critic (N)	Chicken	Code
	557	541	51 FAM	Wizards-Place	That's-Raven	The Suite Life	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Treetown	Comfy Couch
cable variety	268	354	3 KNO	Beach Wars (CC)		Sahara With Michael Palin		Landscape Revealed		Through the Red Gate (N)		Angry Girls
	575	583	20 CMT	Home Imp.	Home Imp.	Karaoke Star "Halifax, NS"		Reba (CC)	Hope & Faith	Home Imp.	Home Imp.	Ed (CC)
	570	580	24 MM	Instant Star	Born to Be	Technical Diff.	disBand	Pimp My Ride	Technical Diff.	Muchmusic Countdown (CC)		
	600	564	29 H&G	Junk Brothers	The Big Flip	Holmes on Homes Attic.		Restaurant Makeover (CC)		The Fix (CC)	Disaster DIY	Junk Brothers
	615	520	31 A&E	Jacked: Theft	Jacked: Theft	Crime 360 (CC)		The First 48 (CC)		The First 48 (CC)		Jacked: Theft
	628	584	32 SPKE	(6:00) TNA iMPACT! (N) (CC)		UFC 88 Countdown		MANswers	MANswers	Whacked Out	Wild World	Backwoods
	521	560	34 TLC	Street Customs Range Rover.		Overhaulin' "Scout's Honor"		American Chopper (CC)		Street Customs Range Rover.		LA Ink (CC)
	616	522	39 SHO	Painkiller Jane "Pilot" (CC)		ReGenesis "Blackout" (CC)		Trailer Park	Trailer Park	Saving Grace (CC)		House (CC)
	620	523	40 BVO	(5:30) Water ★★★ (2005)		Law & Order "Expert" (CC)		Without a Trace (CC)		Smash-Up: The Story of a Woman ★★★		
	601	562	41 SLC	The Biggest Loser (CC)		Rich Bride, Poor Bride (CC)		Last 10	Bulging Brides	The Biggest Loser (CC)		Trading Sp
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		Sport Science (CC)		Naked Science Rockies.		Science
	522	506	44 HIS	NCIS "Singled Out" (CC)		Lost Worlds (CC)		The Perfect Weapon (CC)		NCIS "Singled Out" (CC)		Crime Stories
	627	528	45 SPC	(6:00) Weird Science ★★		Stargate SG-1 (CC) (DVS)		Star Trek: Voyager "Tattoo"		Star Trek: Enterprise (CC)		Star Trek Gen.
	294	650	47 TBS	(6:00) Bad News Bears ★★		Sex and-City	Sex and-City	Two for the Money ★★ (2005) (PA) Al Pacino, Matthew McConaughey. (CC)				
	619	525	48 TROP	Beverly Hills, 90210 (CC)		Make	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	52 FN	Secret Life of	Secret Life of	Ace of Cakes	Ace of Cakes	Iron Chef America (CC)		Unwrapped	Unwrapped	Secret Life of
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Reality Bites	Comedy Inc.	Daily Show
	320	621	60 CEN	(6:30) Baby for Sale ★★ (CC)		Goya's Ghosts ★★ (2006) Javier Bardem. Premiere. (CC)				Pan's Labyrinth ★★★★ (2006) Sergi López.		
	581	566	101 MTV	Exiled (N)	MTV Cribs	MTV Live	After	Step, Repeat	The Hills	Exiled (CC)	MTV Cribs	MTV Live
	261	394	102 V	(6:00) Murder at the Gallop		Emily of New Moon (CC)		Murder at the Gallop ★★★ (1963) Margaret Rutherford.				Paid Program
	-	-	106 MUL	The Land	Daughters	Vancouver	Main Office	Dheeyan Ghar	Sadabahar	Mor Deo Koi	Desi Rhythms	Patrol World

critics'corner

NFL Football

Whose dreams of an undefeated season can the New York Giants ruin this season? Well, for starters, the Washington Redskins', if the Super Bowl champs have their way with their NFL East rival in tonight's season-opener at Giants Stadium, where 80,000 raucous fans await Eli Manning and his mates. Preseason notwithstanding, it's the Jints' first official appearance at home since bursting New England's perfect bubble in the Super Bowl. 4 PM on NBC

Water

Imagine being a widow at age 8. Heck, imagine being married at age 8. In some cultures, female children are betrothed to adult men, and that's just what happened to Chuyia (Sarala). Her ill husband dies, and her mother sends her to a home for widows. Once there, she meets an interesting variety of Indian women — all shunned for their circumstances — and wonders what life has in store for her. Lisa Ray and Manorama also star in this 2005 drama. 5:30 PM on BVO

going out

7:30 P.M. The Backstreet Boys reunited live in concert. At GM Place, 800 Griffiths Way. Tix: $39.50-$75, ticketmaster.ca.

9 P.M. The Painted Birds with guests A Ghost to Kill Again and Parlour Steps national tour kickoff. At The Plaza Club, 881 Granville St. Tix: $12 Info: plazaclub.net.

9 P.M. Sneaky Kiki Girlesque presents A Midsummer Nights Dream, as the club is transformed into a moonlit, enchanted forest. At Caprice Nightclub, 967 Granville St. Tix: $15 door, $10 advance. Info: capricenightclub.com.

10 P.M. Girlicious Live celebrity party. At Pop Opera, 686 W. Hastings St. Tix: $20. Info: dhmbars.ca.

Intelle**Vision**

Rick McGinnis

WILL RETURN

Ends Tuesday

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Hugh steps out with ex-model
Actor Hugh Grant has sparked rumours he is dating former model Catherine Fuller after the pair was photographed enjoying a day out in New York's Hamptons. IMDB.COM

Celebrity Buzz

Mischa uncovers rehab stint

PEOPLE Actress Mischa Barton has revealed she secretly checked into rehab after her drunk driving arrest last year, imdb.com reports.

The former The O.C. star was arrested on suspicion of DUI in December, and was sentenced to 36 months on probation, alcohol education classes and a fine after pleading guilty to charges this spring.

Now Barton has revealed she punished herself over the lapse in judgment by locking herself up at an unnamed rehab clinic in a bid to prove to herself and the authorities she was not a drunk.

"I wanted to prove to the court that I would take it completely seriously, so I went to rehab to prove I was sober," she tells Marie Claire's U.K. edition. "It really helped in getting the more serious aspects of my case dropped because, you know, that's what they want to hear; you're not an alcoholic and you don't have a problem. So I did it in the most low-key way possible — I didn't make a fuss about it and I didn't tell a lot of my friends. I just did the program and got through it."

Barton is still angry with herself for driving while over the limit.

"The thing is, I hate drunk drivers," she says. "Living in L.A., I can't stand them, and that's why I was so disappointed in myself. It's so not worth it when you put other lives at risk."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Kate lauds breakup

RELATIONSHIPS Kate Hudson says her divorce from Chris Robinson was the "best thing that ever happened" to her, femalefirst.co.uk reports.

The actress, who has a four-year-old son with the Black Crowes front man, insists the couple's relationship has improved dramatically since their legal separation in October 2007.

"Look — Chris and I are still basically living together! We've figured it out. I mean, obviously, nothing's perfect, but I could never look at our divorce as a mistake. If anything, it's the best thing that ever happened to us," Hudson tells Cosmopolitan magazine.

Hudson also revealed she doesn't regret forsaking her partying years to have a child.

"Am I going to look back and say, 'God, I wish I could have gone to that concert?' I'd rather be listening to my son sing songs. I'd rather be watching him sleep," she says.

METRO NEWS SERVICES

celebrity brief

Fame affects young Emma

PEOPLE Harry Potter actress Emma Watson struggled with growing up in the public spotlight, imdb.com reports.

The 18-year-old star appeared in the first Harry Potter movie as a nine-year-old child, and has had to grow up in front of legions of adoring fans.

"I lived a period of my life that is full of lessons and changes under the spotlight," she says. "Some days I wish my life were simpler but the rest of the time I feel like the luckiest girl in the world."

METRO NEWS SERVICES

celebrity brief

Jonas may have inspired song

RELATIONSHIPS So who's the guy singer/actress Miley Cyrus is referring to in her song 7 Things?

"The necklace she's wearing in the video is the necklace (the boy) gave her," the video's director, Brett Ratner says. "She's wearing his diabetes or medical necklace."

Singer Nick Jonas, who split with Cyrus in late 2007 after two years of dating, has Type 1 diabetes and is a spokesperson for awareness of the disease.

METRO NEWS SERVICES

David pans cheat talk

PEOPLE David Duchovny has played down rumours he cheated on his wife after he admitted to an Internet porn habit, imdb.com reports.

The actor was rumoured to have strayed from his actress wife Tea Leoni in reports that emerged after he entered rehab for sex addiction last week.

But according to Fox News, Duchovny's dependency stemmed from online porn, and Leoni has reportedly been aware of the problem and has been supportive, says a source.

METRO NEWS SERVICES

Partying leaves Paris 'empty'

PEOPLE Hotel heiress Paris Hilton is curbing her party lifestyle because it leaves her feeling "empty," femalefirst.co.uk reports.

"I don't want to go to clubs now," she says. "I was caught up in a lifestyle that seemed fun at the time, but ultimately left me feeling very empty."

She attributes her reformed character to her boyfriend, rocker Benji Madden.

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

A few days ago, I opined in this very column that the story about **David Duchovny** seeking help for sex addiction was nothing but a publicity ploy meant to coincide with the debut of Season 2 of Californication, in which Duchovny plays, of all things, a sex addict.

The latest revelation, that his problem relates to his alleged compulsive consumption of Internet porn, makes me both reach for my grab-bag of Grade 7 masturbation jokes, and admit upon careful reflection that I was wrong.

Consider Duchovny's previous roles, and a pattern emerges. In The X-Files, his character had a huge pornography collection. In The Red Shoe Diaries, he was a man who drifts each episode into a different, seedy coupling. In The Rapture, he was a swinger married to Mimi Rogers.

So, I take it back. David Duchovny's quest for help with sex addiction isn't a cynical publicity ploy for his series. He's just a strange guy who may have been taught to imagine the audience in its underwear many years ago and has never looked back.

The truth is out there. David Duchovny's arm is really sore. I want to believe.

NEWSDESK@METRONEWS.CA

This family isn't on a plane...
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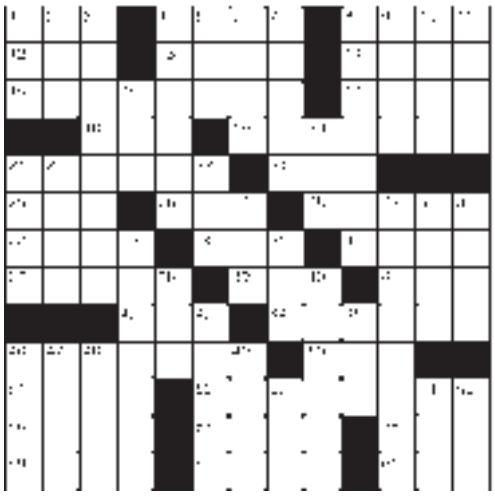
AIRLINES

Beer and basketball?
Actor Sam Rockwell has revealed he will be starring as an alcoholic coach in a new movie. "It's a dramatic film about an alcoholic basketball coach and this girls' high school basketball team," he says. FEMALEFIRST.CO.UK

Take Five



Crossword down

1 Neg. opp.
2 Chinese path
3 Developing an attachment?
4 Usage
5 Lennon's lady
6 Techno-datebooks
7 Sleep
8 Germ-free
9 Attempt
10 Mexican money
11 Charon's river
16 Potent stick
20 "— Wiedersehen"
21 Nonsense
22 Sandwich cookie
23 Young seal
27 Obtain
29 Kept tabs on
30 Takeout request
31 Booty
33 Some go for the gold
35 Roscoe
38 Bill's partner
40 1974 Dolly Parton hit
43 Rolling Stones classic
45 Shell-game need
46 Carvey or Delany
47 The yoke's on them
48 Pleased
49 A long time
53 "Smoking or —?"
54 Rd.
55 Evergreen type

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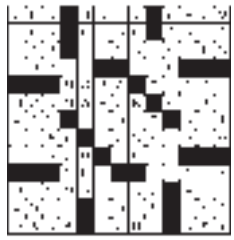
Crossword across

1 Bake sale org.
4 TV reality series
8 Venomous vipers
12 Lummox
13 Destroy
14 Cancel a dele
15 Flattery
17 Uncomplicated
18 Passbook abbr.
19 Orator's place
21 Redeemable item of yore
24 Trench
25 Swiss canton
26 Oktoberfest souvenir
28 Jabbers?
32 Give temporarily
34 "Married ... With Children" mother
36 Eats
37 Reason
39 — Mahal
41 Khan title
42 Tibetan gazelle
44 Big cheese
46 "Confounded!"
50 Zodiac cat
51 Wheelbase terminus
52 Never to return
56 Approach
57 Privy to
58 Previous night
59 "No ifs, —, or buts"
60 Slave to crosswords?
61 Morning moisture

previous day's answer



Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
A long chat leads to the revelation of feelings. Discord takes up precious time tonight. Take care around sharp objects.

TAURUS ♉
APRIL 21-MAY 21
Play games with worthy opponents. Add a dash of fantasy to a dull afternoon. A friend is leading a life of quiet desperation.

GEMINI ♊
MAY 22-JUNE 21
Prepare for general misunderstandings. You'll race around trying to jog your memory. You could get lost on the way home.

CANCER ♋
JUNE 22-JULY 22
You and a friend have to agree to disagree. You have the power to defuse a tense situation. Do some serious research on an overbearing person.

LEO ♌
JULY 23-AUG 23
Protest against those who are unappreciative of your efforts. You'll suddenly get a second chance. Someone throws you a curve ball at work.

VIRGO ♍
AUG 24-SEPT 22
Stay centered and refuse to become cynical. Tone down your opinions before it's too late. You'll take a stroll down memory lane.

LIBRA ♎
SEPT 23-OCT 23
Moping is not your style. Instruct others on the possibilities of magical goal-achievement. Something is causing emotional turmoil in a friend.

SCORPIO ♏
OCT 24- NOV 22
People tend towards intellectual intensity. A former antagonist magically reappears. Do menial chores and expect things to return to normal.

SAGITTARIUS ♐
NOV 23- DEC 21
Witnessing a traffic accident disturbs someone. You receive confirmation of awaited plans. Trust yourself when it comes to bureaucracy.

CAPRICORN ♑
DEC 22-JAN 20
You'll struggle not to lose your temper. Give in to the pressure of thinking of others first. Good work leads to self-confidence and financial rewards.

AQUARIUS ♒
JAN 21-FEB 18
Take steps to prove someone wrong. You produce one clever idea after another. Don't let petty irritations develop into major headaches.

PISCES ♓
FEB 19-MAR 20
An absurd nickname is pinned on you. Do not engage in argumentative behaviour. Your normally overactive brain is somewhat sluggish.

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This day in history

SEPT. 4, 1781: Los Angeles, California, is founded as El Pueblo de Nuestra Señora La Reina de los Ángeles de Porciúncula (the City of Our Lady, the Queen of the Angels of the Little Portion) by 44 Spanish settlers.
SEPT. 4, 1884: Britain ends its policy of penal transportation to New South Wales in Australia.
SEPT. 4, 1888: George Eastman registers the trademark Kodak, and receives a patent for his camera which uses roll film.
SEPT. 4, 1972: Thieves steal 18 paintings from the Montreal Museum of Fine Arts in what was at the time the largest art theft in North America.
SEPT. 4, 1984: Brian Mulroney leads the Canadian Progressive Conservative Party to power in the federal election, ending 20 years of nearly uninterrupted Liberal rule.
METRO NEWS SERVICES

Sudoku

		6					2	
3	2						6	8
		1	7			9	4	
8				1	4		7	
				8				
	9		5	6				4
	4	7			3	1		
2	3						9	7
	1					2		

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

6	7	2	9	3	5	8	4	1
1	8	5	6	4	7	3	9	2
4	9	3	1	8	2	6	5	7
2	6	9	4	5	8	1	7	3
7	5	1	2	9	3	4	8	6
8	3	4	7	6	1	5	2	9
9	1	8	5	7	6	2	3	4
5	2	7	3	1	4	9	6	8
3	4	6	8	2	9	7	1	5

SUDOKU SOLVE TIME IN MINUTES:
Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising
more games metronews.ca

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Vancouver weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Friday	Saturday	Sunday
Partly cloudy. 19°	Clear. Low 11°	Sunny. 18° / 12°	Sunny. 19° / 13°	Sunny. 21° / 13°

Temperature
Normals
High: 20.2°
Low: 11.9°

Records
High: 27.2°/2003
Low: 6.1°/1952

Sunrise: 6:34 a.m.
Sunset: 7:47 p.m.
Moonrise: 12:30 p.m.
Moonset: 9:13 p.m.

TWN incorporates MSC data

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